

More information about the AH-TRIP Champion Guide: [AH-TRIP Champion Guide Introduction](#)



Description: Sustainable practice change is difficult to achieve. Systematic planning to consider determinants of sustainability, creating conditions to sustain practice and monitoring for drift are important aspects for all TRIP projects. Tips to plan for this step are covered in this section.

Learning Objectives

- 1) Understand factors related to sustainability outline in various theories and frameworks
- 2) Develop a sustainability plan



Champion Tip! Sustainability in healthcare has many different definitions (i.e. environmental, reducing wasteful practice). Discuss with your group what sustainability means to them, then select and define 'sustainability' in the context of TRIP - as it relates to sustaining practice change. Make clear this is the nomenclature that will be used moving forward in this activity.

Online PD suite content:

Webinar 1: Introduction to sustainability

Webinar 2: Sustainability theories and frameworks

Case studies

Champion discussion tips/questions:

1. Ask participants to think of a 'change that didn't stick' (use a whiteboard or flip chart)
 - a. What happened? Why it the change 'not stick'?**consider did some parts 'stick' OR did things 'fizzle out' over time?
 - b. Ask the group to discuss the factors that led to the outcome, was there anything that could have been done differently?
 - c. Explore the comments with the group** consider was the change doomed from the start? How could the project lead known their were issues earlier? Was the change dependant on one person that moved on? What supporting systems could have helped? Was the implementation approach too directive OR did people not agree with the evidence?
2. By the end of this activity the groups should have a list of ideas or strategies that could have helped the change to 'stick'



(20 mins)



Persevere (verb) = ‘to persist in anything undertaking; maintain a purpose in spite of difficulty, obstacles or discouragement; continue steadfastly’ Oxford dictionary

Your TRIP journey is not over – it’s just the beginning → take time to reflect on your journey, what worked well, what would you do differently next time. Did you find another problem to think about OR do you need to address the problem you just solved on a larger scale?

We want to hear your key learnings – what would you do again? What would you do differently? Contact us at AHTRIP@health.qld.gov.au to showcase your TRIP project and learnings